

department of life in our colleges, where our boys and girls will be trained for parenthood. What a grim comedy we make of life when we educate them to be artists, musicians, lawyers and ministers, the while frantically endeavoring to conceal from them any knowledge pertaining to the primary purpose for which they were put into the world—a knowledge which must rule all other purposes of their existence.

#### For the Toilet

To darken red hair, make an infusion of very strong black tea, steeping it half an hour; strain, and to ten ounces of the infusion, add two ounces of bay rum, and two ounces each of alcohol and glycerine, shake well, perfume to suit, and use as a hair dressing. This is a tonic, also.

The egg shampoo is very beneficial to dark hair, as the egg-yolk contains both iron and sulphur; the white contains a small quantity of alkali which unites with the oil of the scalp to form a lather which cleanses. The whole egg should be beaten up with a half pint of tepid water, and, after wetting the hair with tepid water, the egg should be thoroughly rubbed into the scalp, and then rinsed out with two or three cool waters. This will darken the hair, and if lighter shades are preferred, salts of tartar, teaspoonful to a half basin of water should be used instead as a shampoo. Once in two or four weeks is often enough to shampoo the hair, according to its needs of cleanliness.

For chapped, or dirty hands, thor-

oughly rub into the skin either lard or vaseline, then wash out with a pure soap and corn meal. While the hands are still damp after rinsing all soap from them, rub in a little glycerine diluted with equal amount of soft water. In cleansing under the nails do not use any pointed metal, such as a pinhead, scissors-point, or the like. Use, instead, an orange stick or a blunt toothpick, or, after bathing the hands well, brush the dirt out with a stiff nail brush.

Ammonia should be used but sparingly on the hair, as it causes it to turn gray or lose color. If the hair is very oily and heavy, a pinch of borax or baking soda may be used in the water in which it is washed, to prevent the musty odor. No hair can look its best unless kept well brushed, thoroughly combed and kept clean. Very hot water should never be used on hair.

#### Query Box

Mrs. L. E. H., Mrs. J. S., and others answered by mail.

"Anxious."—Have submitted your queries to specialist, and will answer soon.

A. S. M.—Our public librarian was unable to find any mention of author of name C. M. S. McClellan. Better write to Mayor G. B. McClellan himself, if the matter is of importance to you.

L. K. M., asking for advice on literary matters should have at least sent address, as an answer would require too much space for a mere personal matter. Will be glad to advise, if address is sent.

H. L.—For mending the cracked stove, this is recommended: Wood ashes and salt in equal proportions, reduced to a paste with cold water, and the cracks filled when the stove is cold. The ashes should be sifted, and the paste soon hardens.

"Tired Out"—About half an hour before dinner, beat a raw, fresh egg until light, put in a little sugar and milk, flavor, if you like, and drink it down. It will relieve the faintness and will not "spoil your dinner."

E. F. C.—The story of Fortunio and his seven servants is a nursery story, written by the Countess D'Anois; it may be found in dramatized form by J. R. Planché in Lacy's edition of acting plays, Vol. 19. Your book-dealer will probably get it for you.

Elsie—If the meat is boiled fast over a very hot fire, the fibres will become hard, and will not give out the juices. For soup, it should be put on in cold water and simmered, or slowly stewed; this process will extract the juices and flavor. Bony pieces are best for soup.

Reader—To remove the ink spots from the book, add one teaspoonful of acetic acid to one ounce of lime water (made as in reply to Mrs. J. C.) and apply to the blot, absorbing the moisture with a bit of blotting paper when the blot disappears. This mixture may be kept for future use.

Mrs. J. C.—Dissolve one pound of chloride of lime in four quarts of soft water, shake well together and let stand twenty-four hours; then carefully strain the clear liquid through a clean muslin cloth, and bottle. Fresh lump lime will do, if you can get it.

Sadie—To make carmine for coloring sugar or confections, get five cents worth of carmine at your druggists and dissolve a pinch of it in soda and water or ammonia; or it can be dissolved all at once in alcohol and kept in a bottle. It is nice for colored frosting, for making "spatter-work" on white frosting, or for making names or dates.

Dyspeptic—If the cold water disagrees with you, try water of the temperature of the human body. It should not nauseate you, and is fine for carrying off bile, removing obstructions in the urinary secretions, and is stimulating. Drink all the

water you comfortably can. Some stomachs are smaller than others. You should know your own capacity.

T. D.—For the destruction of vermin on the hair, take powdered cevadilla, one ounce; powdered stave-acre, one ounce; powdered panby seeds, one ounce; powdered tobacco, one ounce. Mix these ingredients thoroughly and rub some of it well among the roots of the hair, all over the head, but especially behind the ears, in the nape of the neck, just before the ears and on the crown. The cevadilla powder is recommended alone, and a decoction of the stave-acre seeds is also good, but poisonous. Children going to school frequently get a start of the vermin, and the head should be examined regularly. There are in all communities, some one or more families well stocked with such things. Some children seem "immune," while others readily "catch" the vile things, even when of cleanly families.

Amalia—Expensive perfumes are not needed to give the clothing a delicate fragrance. There is nothing better than the Florentine orris root, which costs ten cents an ounce by small lots, but can be had for about a dollar a pound. It has a reasonably lasting perfume, does not at any time lose its odor if of first-class quality, and is the basis of nearly all the expensive sachet powders.

#### Requested Recipes

Watermelon Cake—Two cupfuls of white sugar, two-thirds cupful each of butter and sweet milk, whites of five eggs, three cupfuls of flour, teaspoonful of baking powder; beat the eggs, sugar, butter and milk together; sift the flour and baking powder together and add to the mixture. Second part: One cup of red sugar, half cup each of butter and sweet milk, teaspoonful of baking powder, whites of five eggs, half pound of nice, large raisins; beat together in same order as first part, cut the raisins in halves the long way and mix them in the last thing; put half of the first mixture into the pan, hollowing it in the center to receive all of the red or second part, which should be sufficiently stiff to allow it to be piled up in a rounded form to represent as nearly as possible the red core of a watermelon; cover this heaped-up red part with the balance of the white part and bake carefully.

Another—Two cupfuls of white sugar, one each of butter and sweet milk, three and one-half cups of flour, whites of eight eggs, two teaspoonfuls of cream tartar and one of soda sifted several times with the flour. Red part, one cupful of red sugar, half cupful of sweet butter, one-third cupful of sweet milk, two cupfuls of flour, whites of four eggs, teaspoonful of cream tartar and half teaspoonful of soda sifted several times with the flour, and one teacupful of large raisins. Cream the butter and sugar together (each part separately mixed) and slowly the milk; have the whites of the eggs beaten to a stiff froth; stir the prepared flour into the mixture, stirring until the batter is smooth, then stir in the whipped eggs; cut the raisins lengthwise and stir in last. Use a well-buttered pan with a tube in it. Fill the white part around the outer edge of the pan, piling the red part around the tube, which should be done by two persons, else the parts are apt to run into each other. The raisins should only be used in the red part, to represent seeds. Cover the red part at the last with the white. Bake two hours in a slow oven. Cover with a white frosting.

#### Contributed Recipes

Corn Meal Soup—Cut one-half-pound of castile soap into small pieces; add water sufficiently to help it melt slowly on the back of the range; when thoroughly melted, let simmer gently,

stirring in corn meal until stiff. Remove from fire and beat until cool, then pour into a shallow tin pan and mark off into convenient pieces. Let stand until hard—about a week before using. When washing the hands, use this soap with lukewarm water, and rinse off with cold water before drying. This will prevent chapping.—Mrs. R. S.

Using Soda—Use one level teaspoonful of soda to one full pint of sour milk; the tincups bought for a penny are just right to measure milk in. Buttermilk or clabber are equally good. If eggs are used, a less quantity of soda is required; if cornmeal, is used a trifle less soda is needed.

Graham Pancakes—Two pints of buttermilk, two level teaspoonfuls of soda dissolved in the milk, one teaspoonful of salt; graham flour to make a not-too-soft batter. Bake on well-greased griddle.—J. M. G.

Soda Biscuit—Buttermilk, one pint; soda, one teaspoonful; salt half a teaspoonful; lard, size of a large hen egg; flour enough to make a soft dough; salt to be mixed with the flour; lard and flour to be well rubbed together, and wet up with the buttermilk.—I. M. J.

Corn Bread—Two pints buttermilk; two scant teaspoonfuls of soda, teaspoonful of salt; corn meal to make a rather stiff dough. The addition of two or three eggs will improve it. Bake in well-greased pans, in hot oven.—Josephine M.

Stewed Rabbit (Larded).—Wash the rabbit well, cut into quarters and lard them with strips of bacon; fry them in sweet lard until a delicate brown; then put the pieces into a stew pan with a pint and a half of good broth (water will do,) a bunch of savory herbs (to be had at the butcher's) and a seasoning of salt and pepper. Simmer gently until the rabbit is tender, then take out the pieces, strain the gravy, thicken it with butter and flour, bring to a boil, pour over the rabbit and serve. Garnish with slices of lemon.—M. C. B.

Reformers of many cities met in Chicago, January 11, one of the purposes of the meeting being to bar party politics from municipal elections.

#### UNCONSCIOUS POISONING

How It Often Happens From Coffee

"I had no idea," writes a Duluth man, "that it was the coffee I had been drinking all my life that was responsible for the headaches which were growing upon me, for the dyspepsia that no medicines would relieve, and for the acute nervousness which unfitted me not only for work but also for the most ordinary social functions. But at last the truth dawned upon me I forthwith bade the harmful beverage a prompt farewell, ordered in some Postum and began to use it. The good effects of the new food drink were apparent within a very few days. My headaches grew less frequent, and decreased in violence, my stomach grew strong and able to digest my food without distress of any kind, my nervousness has gone and I am able to enjoy life with my neighbors and sleep soundly o' nights. My physical strength and nerve power have increased so much that I can do double the work I used to do, and feel no undue fatigue afterwards."

"This improvement set in just as soon as the old coffee poison had so worked out of my system as to allow the food elements in the Postum to get a hold to build me up again. I cheerfully testify that it was Postum and Postum alone that did all this, for when I began to drink it I 'threw physic to the dogs.'" Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the famous little book "The Road to Wellville" in pkgs.

### CLUB OFFER

Any one of the following will be sent with THE COMMONER, both one year, for the club price.

Periodicals may be sent to different addresses if desired. Your friends may wish to join with you in sending for a combination. All subscriptions are for one year, and if new, begin with the current number unless otherwise directed. Present subscribers need not wait until their subscriptions expire. Renewals received now will be entered for a full year from expiration date. Subscriptions for Literary Digest and Public Opinion must be new. Renewals for these two not accepted. Foreign postage extra.

#### AGRICULTURAL

	Reg. Price	Club Price
Agricultural Epitomist, mo....	\$1.25	\$1.00
Breeder's Gazette, wk.....	2.00	2.25
Farm and Home, semi-mo.....	.50	1.00
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Farm, Stock and Home, semi-mo	.50	1.00
Farmer's Wife, mo.....	.50	1.00
Home and Farm, semi-mo.....	.50	1.00
Irrigation Age, mo.....	1.00	1.35
Kansas Farmer, wk.....	1.00	1.00
Missouri Valley Farmer, mo....	.50	1.00
Vick's Family Magazine.....	.50	1.00
Poultry Success.....	.50	1.00
Poultry Topics, mo.....	.25	1.00
Practical Farmer, wk.....	.50	1.15
Prairie Farmer, wk.....	1.00	1.00
Reliable Poultry Journal, mo..	.50	1.00
Farm News, mo.....	.50	1.00

#### NEWSPAPERS

	Reg. Price	Club Price
Constitution, Thrice-a-week....	\$1.00	\$1.35
Cincinnati Enquirer, wk.....	1.00	1.35
Farm and Home Sentinel, wk..	.50	1.00
Johnstown (Pa.) Democrat....	1.00	1.25
Kansas City World, daily.....	3.00	3.00
K. C. World, daily ex. Sun.....	2.00	2.00
Nebraska Independent, wk.....	1.00	1.25
Rocky Mountain News-Times, wk	1.00	1.60
Seattle Times, wk.....	1.00	1.35
Thrice-a-Week N. Y. World....	1.00	1.35
Commercial Appeal, wk.....	.50	1.00
World-Herald, twice-a-week....	1.00	1.25

#### MAGAZINES

	Reg. Price	Club Price
Cosmopolitan, mo.....	\$1.00	\$1.35
The Housekeeper.....	.60	1.25
Pearson's Magazine, mo.....	1.00	1.50
Pilgrim, mo.....	1.00	1.45
Pacific Monthly.....	1.00	1.45
Success, mo.....	1.00	1.60
Campbell's Illus. Journal.....	1.00	1.25
Woman's Home Companion, mo	1.00	1.45

#### MISCELLANEOUS

	Reg. Price	Club Price
Literary Digest (new), wk....	\$3.00	\$3.25
Public Opinion (new), wk.....	3.00	3.00
The Public, wk.....	2.00	2.00
Windle's Gatling Gun, mo....	1.00	1.35

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